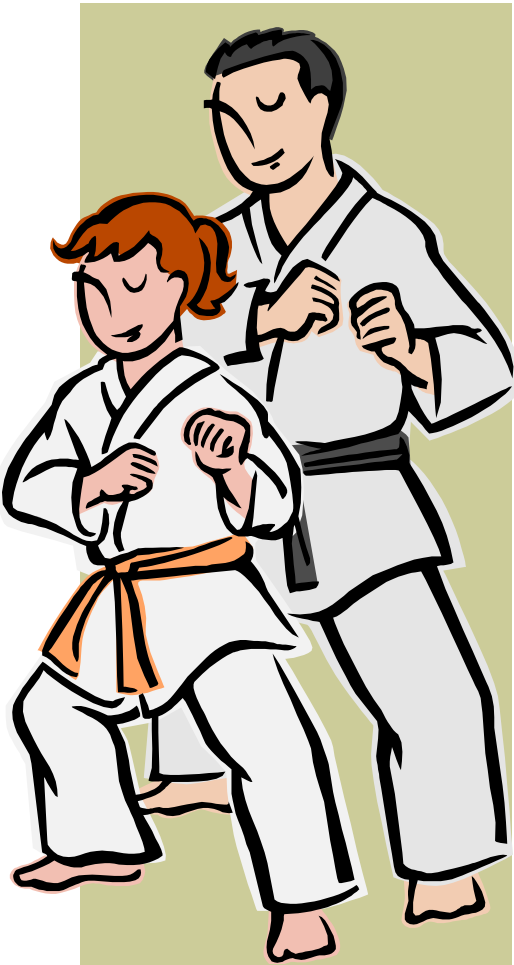


# Dietrich's Karate

Action Packed Classes for Ages 3-Adult



Lovettsville Community Center  
57 East Broad Way  
540-822-5284  
[www.loudoun.gov/lovettsvillecc](http://www.loudoun.gov/lovettsvillecc)

## **NINJAS**

*(Ages 3-5) An action packed martial arts curriculum with Ninja "games" that teach focus, increase coordination, and prepare them for listening challenges of school.*

*Testing fees extra.*

**302118-02** \$50.00

W 5/5-5/26 11:00A-11:30A



## **DRAGONS**

*(Ages 6-12) Dragons is an action packed, exciting developmental program combining, play therapy, fitness, gross motor and martial arts skills. Classes not only build confidence, but teach enrichment and behavior modification through important life and character building skills. .*

**302205-02** \$75.00

W 5/5-6/9 2:45P- 3:15P

## **KICKBOXING**

*(Ages 13 & up) An action packed, sweat pouring, aggression releasing, power punching workout for the raging kickboxer deep inside us all. Each class burns 800-1000 calories.*

*Nutrition and meal plan coaching available as well.*

**302752-02** \$99.00

Th 5/6-6/24 6:30P- 7:15P